Vancouver metro

Your essential daily news | MONDAY, AUGUST 24, 2015

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metroSPORTS

Wildfire smoke wafts in from Washington

ENVIRONMENT

Air quality advisory issued for southern B.C.

Smoke from wildfires raging in Washington state has drifted north, blanketing much of southern British Columbia in a thick haze.

Winds drove smoke from several wildfires south of the border into the province over the weekend, resulting in poor visibility and air quality issues, the B.C. Wildfire Service said in a release.

A series of wildfires in Washington state has grown to 968 square kilometres, and includes the Stickpin fire burning about 4.5 kilometres south of the Canada-U.S. border.

B.C. fire crews, including 33 fire personnel, three officers and two pieces of heavy machinery, crossed into Washington state on Sunday to help American crews fight the blaze.

Fanny Bernard, fire information officer for the southeast fire centre, said the Canadians will be responsible for a northeastern branch of the 192-square kilometre fire.

The fire is still burning out of control, but Bernard said it isn't threatening to cross into Canada any time soon.

"It's holding steady away from the border," she said. "There's no significant growth towards the north."

Another fire scorched the area in 2003, which is helping prevent the flames from spreading north, Bernard explained.

"Burns like that remove a lot of fuel from the fire's path, so that would have played a very large role in slowing it down," she said.

> **"It's holding steady away from the border.**
> Fanny Bernard, fire information officer

Still, the Washington fires have created problems in B.C. as smoke drifts north, including air quality warnings.

Environment Canada issued an air quality alert for several southern regions Sunday, warning there are high levels of fine particulate matter in the air and cautioning people to avoid strenuous activity outdoors.

Metro Vancouver also issued an air quality advisory for central and eastern Fraser Valley.

Chief Provincial Fire Information Officer Kevin Skrepnek said the smoke makes it more difficult for crews to battle the 184 fires currently burning across the province.

Reduced visibility means aircraft have been grounded and the thick haze makes it more difficult to spot new fires, Skrepnek said.

While the haze is expected to linger over B.C. for the next few days, officials say a massive cloud of smoke was expected to lift over Washington later Sunday.

But Suzanne Flory, a spokeswoman for the U.S. Forest Service and the Rocky Mountain Incident Management team, said that may not be good news, because it could cause the fire to become more erratic and intense.

"It's like a flue opening in a fireplace," Flory explained. "Smoke serves as a cap on the fire."

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Your essential daily news

France rewards American airmen for stopping train attack. **World**

‘We all have our different mountains to climb’

INSPIRATION

Man, 50, shows strength in overcoming his challenges

Thandi Fletcher
Metro | Vancouver

When Shayn Moritz lost the use of his right leg in 1985, he knew he could either let his disability define him or he could try to overcome it.

This month, the Peachland, B.C., man more than overcame it when he celebrated his 50th birthday by swimming the entire 135-kilometre length of Okanagan Lake in a week.

“I just wanted to do something big for 50,” he told Metro. “I knew that with my paralyzed right leg, it probably wouldn’t be climbing a mountain or jumping out of an airplane.”

Moritz said his journey began 30 years ago when he was struck by a fire truck while riding his motorcycle in Vancouver. He spent more than three months recovering and lost most of the use of his right leg.

Shortly after the collision, he said, his grandmother visited him in hospital. He remembers complaining to her about what happened to him and getting upset.

Shayn Moritz, who lost the use of his right leg after he was struck by a fire truck in 1985, swam 123.8 kilometres across Okanagan Lake in seven days. CONTRIBUTED

“She sat there by my hospital bed and said, ‘So, Shayn, I guess you’re just going to have to figure out if you’re one of those people who thinks the glass is half empty or the glass is half full,’” he recalled. “I decided very shortly thereafter that the glass is half full.”

In the past 10 years, Moritz has completed about 40 triathlons and often competes in charity bicycle races. A regular swimmer in Okanagan Lake, he came up with the idea three years ago of swimming the length of the lake to celebrate his milestone birthday.

On Aug. 10, his dream became a reality when he set out on the weeklong swim with his family by his side. His relatives travelled in a houseboat, which served as Moritz’s “base,” and paddled alongside him in kayaks while he swam. The journey wasn’t without its hurdles.

Swimming in only his swim trunks and a pair of goggles, Moritz said the water temperature was challenging at times. On Day 3, his right shoulder also “rebelled” against him.

But Moritz said the repetition of the swim became almost meditative. One day, he said he experienced what is often referred to as a “runner’s high” that saw him swim more than 14 kilometres in one stretch.

“It was amazing because the whole world disappeared,” he said.

“All there was was the sound of the water, the sound of the stroke and the breathing and the deep, dark, near-black water.”

Using the “front crawl” style, Moritz divided the distance into segments in which he averaged about 18 kilometres a day over six hours.

According to his GPS tracker, he swam a total distance of 123.8 kilometres, only a few kilometres shy of the lake’s total 135-kilometre distance, starting in Vernon and finishing in Penticton.

Moritz said he hopes his accomplishment shows others that it is possible to overcome whatever hurdles they face.

“A single stroke seems insignificant, but done consistently, and with enough determination, many strokes can move an entire lake from ahead of you to behind you,” he said. “We all have our different mountains to climb; mine just happened to be flat.”

FIRE

Women, families displaced

Emily Jackson
Metro | Vancouver

About 45 residents of a Downtown Eastside apartment building for low-income women and young families were displaced this weekend by a three-alarm blaze at their home across from Oppenheimer Park.

A rooftop fire at 430 East Cordova St. early Saturday morning melted water pipes and caused considerable amount of water damage to 18 of the wood-frame building’s 34 units, Vancouver Fire and Rescue Service spokesman Jonathan Gormick said Sunday.

The damage forced the city to shut off the water and B.C. Hydro to shut off the power, Gormick said, making the building uninhabitable for at least a week. The city’s emergency social services team only provides shelter for those without insurance for 72 hours after an incident, he added.

The building is run by the Mavis McMullen Housing Society, which aims to provide safe housing for women.

Everyone was safely evacuated from the building, assistant chief of operations Dan Wood said Sunday. It took crews 2-1/2 hours to contain the fire to the roof.

It’s still not clear how the fire started, but crews continue to investigate, Wood said.

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Ferry fares marked down

TRANSPORTATION

Discount being offered during off-peak hours

Matt Kieltyka
Metro | Vancouver

BC Ferries is marking down off-peak fares by 50 per cent off the back of a strong first quarter.

BC Ferries president Mike Corrigan made the announcement Friday as the service provider released its first quarter results.

Net earnings up to June 30 increased to $18.8 million, from $13.9 million in Q1 last year, largely due to increased traffic and retail sales across the system.

Passenger traffic so far this year is up five per cent, while vehicle traffic increased 4.7 per cent.

With a strong financial start to the year, Corrigan announced BC Ferries will begin experimenting with variable pricing starting in September.

From Sept. 8 to Oct. 15, regular passenger fares during off-peak hours Monday to Thursday, and Saturday afternoon and evening sailings, will be discounted by 50 per cent on major and minor routes.

All northern routes will also be discounted 50 per cent during all of October.

BC Ferries says the pricing promotions will be used to gauge the effectiveness of variable pricing, something Corrigan says it wants to implement long-term.

"While we are uncertain how long this current growth in traffic will last, this promotion allows us an opportunity this fall to test variable pricing concepts in order to understand their impact on traffic trends, consumer responses and operations," Corrigan said in a statement.

"This will help us gather information as we prepare pricing strategies for our Fare Flexibility and Digital Experience Initiative in 2017, which will make variable pricing a permanent part of our service delivery model."

Overall, BC Ferries reported that revenues are up 2.2 per cent to $217.7 million, while operating expenses have also increased 1.2 per cent to $184.6 million in the first quarter.

Two BC Ferries vessels travel between Horseshoe Bay and Bowen Island. EMILY JACKSON/METRO FILE

IN BRIEF

Mounties investigate gunfire in traffic

An argument between the occupants of two vehicles led to an exchange of gunfire in Newton on Saturday night, according to Surrey RCMP.

Witnesses reported seeing a black Ford Mustang and a silver Honda Civic chasing and shooting at each other at high speeds in the 12800 block of 74 Avenue and at 72 Avenue and 130 Street around 8:30 p.m., according to a statement from Surrey RCMP Staff Sgt. Blair McColl.

Police quickly located the Mustang and detained the three men inside. None were hurt. The car, which had at least one bullet hole, was seized.

It's not clear whether the motive for the crime went beyond the verbal altercation, McColl said in the statement.

Officers are canvassing for witnesses and more information throughout the neighbourhood, which has been plagued by low-level gang shootings this year. EMILY JACKSON/METRO

IN BRIEF

B.C. legislature to start fall session Sept. 28

While all eyes are on the federal election campaign, British Columbia's politicians are preparing to get back to governing the province for the third session of the year.

Premier Christy Clark's office told media on Friday that all parties have now been notified that the Legislature will be back in session on Sept. 28.

The fall session, which returns a week after the Union of B.C Municipalities annual conference in Vancouver, will run for six weeks.

This year's spring session wrapped up May 28, but MLAs' summers were interrupted briefly when they were called back for a rare summer session to Victoria to debate and ratify the project development agreement for the Petronas-led Pacific NorthWest LNG project on July 13. MATT KIELTYKA/METRO

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Quarantined red panda dies at zoo

PRESERVATION

Death blamed on infection likely caught in Winnipeg

Emily Jackson
Metro | Vancouver

Rakesh, a male red panda, has died just two months after moving to the Greater Vancouver Zoo from a fungal infection the zoo says he likely contracted at his prior home in Winnipeg.

A necropsy conducted by the B.C. Animal Health Centre found that the panda died last Monday from pulmonary Blastomycosis, a disease caused by inhaling fungal spores found in decaying organic matter in soil, according to a statement from the Greater Vancouver Zoo.

Rakesh was never exposed to B.C. soil, as he has been in quarantine with his brother Arun since his arrival from the Assiniboine Zoo, so he likely picked up the disease in Manitoba, according to the statement.

"The care of Arun is our top priority right now, and as a precaution, he is being treated by our veterinarian with medication while further tests are conducted," said Jody Henderson, the zoo's general manager, in a statement.

> **The care of Arun (Rakesh's brother) is our top priority right now.... He is being treated by our veterinarian with medication.**
> Jody Henderson, general manager of the Greater Vancouver Zoo, in a statement

The B.C. Centre for Disease Control is investigating the origin of the disease. The zoo also let all Canadian and American zoos with red pandas know about the infection.

The pair of red pandas moved to Vancouver as part of a breeding program for endangered animals. It took the Greater Vancouver Zoo more than two years to qualify for the program, according to the statement.

CULTURE

Fewer people show for second rogue party

Most invitees to this year's second unsanctioned street party on Commercial Drive stayed home after Vancouver police asked people to steer clear.

Only 500 of the 5,500 people who RSVP'd on Facebook showed up to the party, which took over the Drive from about 9:45 to 11 p.m. Friday, Vancouver police Const. Brian Montague said in an email on Sunday.

"The crowd was predominantly celebratory, and the majority of the expected crowd respected the wishes of residents and business owners by not attending the event," Montague wrote.

> **We showed that we can party responsibly without thousands of dollars worth of permits.**
> The anonymous party organizers, on Facebook

No arrests were made, and there were no significant incidents, he wrote. Police dispersed the crowd from Grandview Park around midnight due to noise from live music.

The night was markedly different from the first, attended by thousands in May, when some people clashed with police and residents complained about their properties being used as toilets.

Organizers agreed there were no incidents and that the night went off without a hitch, according to a Facebook post.

"Last night, we showed that we can party responsibly without thousands of dollars worth of permits," states the post from the anonymous organizers, who feel people shouldn't have to pay to host events in public spaces.

"There were no incidents, violence, trash or absolutely anything for the city to complain about other than good times.

"Our hope is that actions like this will help cultivate a culture of resistance against any laws against gatherings in public space."

EMILY JACKSON/METRO

Pipeline hearings delayed

TRANS MOUNTAIN

Consultant on project to join National Energy Board

A National Energy Board panel has postponed hearings that were supposed to begin next week into the Trans Mountain expansion because a consultant who prepared evidence in favour of the project will soon work for the regulator.

Kinder Morgan Canada, the company behind the project, filed evidence with the board in late 2013 that was prepared by Steven Kelly, a consultant with IHS Global Canada at the time. The report touted the project's economic benefits.

In July, federal Natural Resources Minister Greg Rickford announced Kelly had been appointed to a seven-year term on the board starting Oct. 13.

"There can be no question that public confidence in the impartiality of tribunal decision-makers is integral to the administration of justice. The dual role of Mr. Kelly, as a person who prepared evidence in this proceeding and as a future board member, may raise concerns about the integrity of this hearing process," the three-member panel wrote in a letter to the company and intervenors on Friday.

Bridget dePape and Brett Rhyno take a selfie inside a camp protesting Kinder Morgan's Trans Mountain expansion proposal atop Burnaby Mountain, shortly before being arrested on Nov. 20, 2014. JENNIFER GAUTHIER/METRO FILE

"With this in mind, the panel has decided on its own volition to strike from the hearing record all evidence prepared by or the under the direction of Mr. Kelly."

The panel has directed Kinder Morgan to list any other evidence Kelly prepared and wants to know whether that material will be replaced.

In the letter, the panel members say they don't know Kelly personally and that measures are being put in place to make sure there is no contact between Kelly, the panel or its support staff while the project is being assessed.

> **The dual role of Mr. Kelly ... may raise concerns about the integrity of this hearing process.**
> Letter from the NEB panel

The hearing panel is postponing oral arguments that had been scheduled for Calgary on Monday and Burnaby next month. Once it gets the information it has requested from Kinder Morgan, it will outline its next steps.

Trans Mountain will comment once it has had a chance to review the panel's notification, said spokeswoman Lizette Parsons Brown.

Vancouver deputy city manager Sadhu Johnston welcomed the decision to strike Kelly's evidence from the record.

"His expert report serves as one of the key justifications for building a pipeline, and then he gets appointed to the NEB. It would really seem like a major conflict for us," he said.

THE CANADIAN PRESS

IN BRIEF

Court to consider Christian law school

Trinity Western University will be back in a British Columbia courtroom Monday as it seeks to forge ahead with its controversial proposed law school.

This week's B.C. Supreme Court judicial review examines the Law Society of British Columbia's decision to refuse accreditation to future graduates of the school of law, whose students would be subject to a community covenant affirming Christian values such as agreeing marriage is only between a man and a woman.

The proposed law school — slated to open in 2016 — originally had approval from the society's benchers, but the decision was overturned by a vote open to all members last year.

"At stake is ... whether people of faith are to be restricted in their right to associate in community and to fully participate in Canadian society," reads a statement from the Langley, B.C., school ahead of the judicial review.

MATT KIELTYKA/METRO

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CAMPAIGN TRAIL

Duffy trial dogs PM

The Mike Duffy inferno grew ever closer to breaching Stephen Harper's firewall Friday, but with the trial nearly over and the 11-week election campaign just ramping up, the prime minister appeared convinced it would burn out on its own.

Harper nearly had the campaign trail all to himself — Bloc Québécois Leader Gilles Duceppe was the only other party leader holding a public event — but the Duffy questions just kept coming.

Melanee Thomas, a political science professor at the University of Calgary, said the trial would be "explosively" damaging to the Conservative campaign if it was closer to the Oct. 19 election.

As it is, it has consistently pushed Harper off message, she said. "It's difficult for them to frame each day on the kind of thing that they want the day to be about."

Any potential fallout might be mitigated by the likelihood many voters won't start paying attention to the campaign until after Labour Day, she said.

But the NDP and Liberals seem determined to fan the flames.

Liberal candidate Dominic LeBlanc sent a letter to the RCMP and the information commissioner Friday, asking them to look into texts and BlackBerry PIN messages sent and received by Ray Novak because they may be relevant to Duffy's fraud trial.

"Email records produced thus far may not tell the complete story. Specifically, new testimony may indicate that Mr. Wright and Mr. Novak communicated via BlackBerry PINs and BlackBerry messages in the past, and as recently as two weeks ago," LeBlanc wrote.

NDP ethics critic Charlie Angus said Wright's testimony produced significant new evidence about Wright's role as well as that of at least a dozen other senior staff, including Novak.

THE CANADIAN PRESS

Harper defends Novak

ELECTION 2015

Marks the first time he refers to chief of staff by name

The revelations of the Mike Duffy trial have placed Stephen Harper's two most recent chiefs of staff in a spotlight that has repeatedly outshined the Conservative leader's federal campaign messaging.

On Sunday, the prime minister came down firmly on the side of the current chief of staff — Ray Novak.

And Harper did so by name, for the first time.

As he faced another question about the trial revelations — one that elicited a few noticeable groans from Conservative campaign supporters in Rockland, Ont. — Harper stuck to his core message about the controversial $90,000 repayment of Duffy's expenses.

He again laid the blame at the feet of Duffy, for wrongly claiming the expenses, and of Nigel Wright, his previous chief of staff, for paying them back.

Harper prefaced his latest comment, though, with a hint that he's discussed the matter with Novak, one of his most trusted, long-time aides. But he didn't elaborate.

"Mr. Novak has been very clear with me," Harper said Sunday, using his name for the first time after more than a week of questioning by journalists.

Harper emphasized that Wright was the person in charge of his office back in 2013 when all of the Duffy machinations were unfolding, and was therefore the sole staffer responsible for paying back money the senator should have reimbursed himself.

"Instead Mr. Wright did that for him — and I grant he paid back the taxpayers — but he did so without my knowledge, and without my agreement," said Harper.

"And these were his actions, he was boss and he is fully responsible for them."

Harper was kicking off the fourth week of the federal campaign.

Last week, the prime minister's former lawyer Benjamin Perrin testified that Novak — then Harper's principal secretary — was present on two occasions when Wright's payment was discussed. That contradicted assertions from Harper and the Conservative campaign about what Novak knew about the repayment scheme.

THE CANADIAN PRESS

TIMELINE

Harper faces one more week of evidence from Duffy's fraud trial, which resumes Monday before it adjourns until November, after the Oct. 19 election.

Conservative Leader Stephen Harper and wife Laureen donate food and stock shelves with pastor and food bank director Michel Castilloux and wife Vivian during a campaign stop at the Life Centre in Blackburn Hamlet, Ont., on Sunday. SEAN KILPATRICK/THE CANADIAN PRESS

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Train heroes to receive the Legion of Honour

BRAVERY

Military training credited with saving lives

Three American travellers say they relied on gut instinct and a close bond forged over years of friendship as they took down a heavily armed man on a passenger train speeding through Belgium.

U.S. Airman Spencer Stone, recounting for the first time on Sunday how a likely catastrophe was averted two days earlier, said the gunman, an assault rifle strapped to his bare chest, seemed like he was "ready to fight to the end." But he added, "So were we."

Without a note of bravado but a huge dose of humility, the three described Friday's drama on an Amsterdam-to-Paris fast train.

Jane D. Hartley, U.S. Ambassador to France, left, acknowledges, from second left, U.S. Airman Spencer Stone, Anthony Sadler, a senior at Sacramento University in California, and U.S. National Guardsman Alek Skarlatos at the end of a news conference held at the U.S. Ambassador's residence in Paris, Sunday. FRANCOIS MORI/THE ASSOCIATED PRESS

His arm in a sling, Stone, 23, said he was coming out of a deep sleep when the gunman appeared.

One of his friends, Alek Skarlatos, a 22-year-old National Guardsman recently back from Afghanistan, "just hit me on the shoulder and said 'Let's go.'"

French President Francois Hollande and a bevy of officials are presenting the Americans with the prestigious Legion of Honour on Monday. A French citizen who first came across the gunman near a train bathroom and a British man who joined to help tie up the assailant also are being honoured with the award, according to the president's office.

> **We just kind of acted. There wasn't much thinking going on.**
> Airman Spencer Stone

The gunman, identified as 26-year-old Moroccan Ayoub El-Khazzani, is detained and being questioned by French counterterrorism police outside Paris. French and Spanish authorities say El-Khazzani is an Islamic extremist who may have spent time in Syria. El-Khazzani's lawyer said on Sunday that he was homeless and trying to rob passengers on the train to feed himself.

THE ASSOCIATED PRESS

DIPLOMACY

U.K., Iran restore relations

Britain reopened its embassy in Tehran Sunday in a sign of newly thawed relations in the wake of a landmark nuclear deal between Iran and world powers.

British Foreign Secretary Philip Hammond attended the reopening ceremony and witnessed the raising of the Union flag over the compound. The embassy has been closed since November 2011, when it was stormed by demonstrators protesting the imposition of international sanctions against the Islamic Republic.

"Maintaining dialogue even under the most difficult conditions is crucially important," Hammond said during a joint press conference with Iranian Foreign Minister Mohammad Javad Zarif. "So reopening the embassy in Tehran and the Iranian embassy in London is not just an important symbol. It's an important practical channel for being able to engage on the very many issues that are of concern and the very many issues that we have shared interests."

THE ASSOCIATED PRESS

Groups take aim at crude plans

ENERGY

Rail projects touted to lower foreign reliance by 30%

To crude producers hankering for a route to market while pipeline proposals stall, a bevy of crude-by-rail projects planned on the U.S. west coast may look enticing. But efforts to connect trainloads of crude to refineries and marine terminals in Washington, Oregon and California aren't having an easy time either.

Big environmental organizations and small community groups have been teaming up to fight rail projects in various stages of development in the region. Among the concerns is the prospect of more Alberta bitumen, derided as "dirty" in some quarters, coming to the area by rail.

"We're as much of a green enclave as you're going to get in North America," said Matt Krogh, a ForestEthics campaigner based in Washington state.

"There's some real cognitive dissonance around allowing the expansion of a dirty and polluting industry in your backyard that makes no long-term economic sense."

An oil train travels along the Columbia River in Syncline, Wash. Environmental organizations cite the Lac-Megantic disaster in 2013 as an example of their concerns surrounding the expansion of crude-by-rail transportation along the west coast. THE CANADIAN PRESS FILE

Some of the concerns centre on local safety. The Lac-Megantic disaster two years ago, in which a crude-laden train exploded and killed 47 people, is still fresh in many minds.

But the larger implications of enabling more fossil fuel development and what that means for climate change is also playing a role in the debate.

The broad issue of shipping resources from the U.S. west coast — whether that be coal, oil or liquefied natural gas — raises an "identity question," said Eric de Place, with the Seattle-based think-tank Sightline Institute.

"There's a lot of anxiety about that," he said.

A focal point of campaigns has been a $210-million project pitched by Tesoro Refining and Marketing LLC and Savage Energy for Vancouver, Wash.

> **There's some real cognitive dissonance around allowing the expansion of a dirty and polluting industry in your backyard.**
> Matt Krogh, ForestEthics campaigner

The Tesoro-Savage project, dubbed Vancouver Energy, is the largest on the table, with a planned capacity of up to 360,000 barrels a day. That alone is more than 40 per cent of the proposed Keystone XL pipeline, which has been waiting for U.S. regulatory approval for nearly seven years.

The idea is to bring in North American crude by train and then send it by ship to refineries along the west coast, which have been relying on overseas imports to meet half their needs as production in Alaska and California declines. Vancouver Energy says the project would reduce the west coast's reliance on foreign crude by 30 per cent.

Tesoro spokeswoman Jennifer Minx said the terminal is set up to handle crude mostly from the Bakken formation, centred on North Dakota and stretching into parts of Saskatchewan, rather than heavy crude, like that from the oilsands.

"The Vancouver Energy terminal will be a modern, purpose-built facility with strict safety and environmental protections in its design and operating procedures. We actively work with our partners to make sure the entire supply chain is operating safely," Minx said.

The Washington State Energy Facility Site Evaluation council is expected to release a draft environmental impact statement for public review in November — four months later than previously expected.

Brett VandenHeuvel, executive director of Columbia Riverkeeper, said he's hopeful crude trainloads can be stopped.

"If you asked me a year ago, I might have had a different answer but there's been unprecedented opposition to it," he said. "It's not just conservation groups. It's pretty diverse and broad scale concerns about these projects."

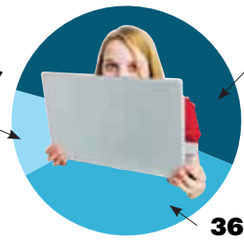
THE CANADIAN PRESS

metro VIEWS
Your essential daily news
Monday, August 24, 2015

POLL: Is it fair to expose affairs?

A massive hack of the dating website Ashley Madison, which caters to married people, released millions of members' phone numbers, email addresses and credit-card numbers last week — some fake, but many genuine as well. Some see this as cosmic justice, while others worry about breach of privacy, particularly for people cheating with the green light from their partners and those who joined the site just for a laugh. We asked our readers what would happen if their online lives were exposed for all to see.

How much trouble would you be in if all your online activities (your surfing history, what you buy, what you watch, everything) were made public?



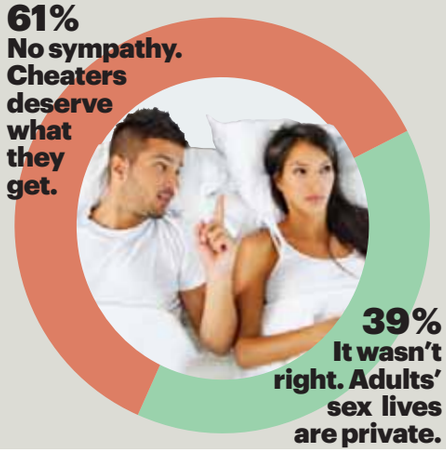
12% I would risk my relationship with my spouse, friends, family or employer

52% I'd have some explaining to do, but I'd live

36% I'd be fine

Answer our poll every Friday at metronews.ca

How do you feel about the release of Ashley Madison users' personal data?



61% No sympathy. Cheaters deserve what they get.

39% It wasn't right. Adults' sex lives are private.

How careful are you with your private information online?

67% I'm fairly careful and change my passwords often
13% I'm extremely careful; I'd encrypt everything if I could
13% I'm lazy & hope for the best
7% I never think about it

Non-profits need voter support more than ever

CITY HOLLER
Trish Kelly

If you're planning a trip to Commercial Drive this summer, you'd best walk softly.

The neighbourhood, which has a reputation for being quirky, eclectic and feisty, is going through some tense times. Last week, there was the anxious build-up to the unsanctioned Commercial Drive Street Party to worry about.

Luckily, as is the case with any Facebook event, attendance wasn't even close to the 5,500 RSVPs received.

A longer-term sticking point for the neighbourhood is a proposal brought forward by the Kettle Friendship Society to partner with Boffo Properties on a 12-storey housing site at Venables and Commercial.

In the bargain, Kettle gets a purpose-built drop-in centre and 30 units of supportive housing for people living with mental illness. The developer gets more than 100 units to sell. Though the proposal has yet to go to city council, some residents have organized a campaign to halt it.

Kettle provides support programs for people living with mental illness, and has been in the neighbourhood for nearly 40 years. Through that time, the organization has had a unique vantage point as senior levels of government have stepped away from their responsibilities to provide social housing and mental health services.

In that time, Commercial Drive has changed, too. The neighbours opposing the project argue the Drive is already one of our most densely populated neighbourhoods. But Statistics Canada data quoted in a recent city report about the neighbourhood notes that while Vancouver's overall population has grown by 42 per cent in the last four decades, the population of the Grandview-Woodland neighbourhood, of which the Drive is part, has only grown by 500 people since 1971.

Opponents say they support Kettle, but that the non-profit's partnership with the developer sets a bad precedent that lets government out of their responsibility to provide social housing. Do opponents really think that saying no to this Kettle building will force government to take up their real responsibilities?

I'm sure that if a non-profit with a 40-year commitment to their cause could successfully pressure government for more mental-illness funding, they would have done so. But non-profits don't tell governments what to do. In fact, in recent years the federal government has taken to auditing charitable organizations that criticize government policy on issues as diverse as environmental policy and euthanasia.

In a funding environment that's increasingly neglectful, where charities are watching their peers get audited or their charitable status revoked for expressing dissenting ideas, anyone who campaigns against this Kettle proposal and says the solution is for Kettle to just go back to the funding-model drawing board is naïve at best.

Non-profits need voters to be their champions. Let's ensure all political parties know we want proper funding and freedom of expression for non-profits.

Trish Kelly lives and writes in East Vancouver. Follow her @trishkellyc

metroview

Someone threw a rock at my head because they thought I was gay

Tim Querengesser
Metro | Edmonton

The rock was the size of an apple. I heard it fly past my ear as I meditated.

When it landed with a crack, a woman near me in the park screamed. A girl, no older than three, playing about 10 feet from where the rock came to rest, just stared, confused.

I looked behind me, and there, across the street, holding another rock in his right hand, was a guy suggesting he was going to throw again.

I called the police.

Now, let me back up.

Five minutes earlier, I had never met this guy. I was sitting on a park bench when he approached.

"You know, you f-gs can't take over this park," he said.

"I don't know what you're talking about," I said, startled.

He walked away, muttering things about "f-gs." But, believing he was gone, I resumed meditating.

Then, the rock.

When the police arrived, they fruitlessly looked for the guy, who had disappeared into the city's back alleys.

I wrote a report. But when the cop — professional, courteous, helpful — and I discussed it, the conversation became awkward.

"I hate to ask you this, but: are you gay?"

Most of me wanted to rage at the question.

"No," I said.

"Well, if you were, I'd be investigating the guy for a hate crime."

I nearly lost it, but said nothing.

A man had targeted me, believing I was gay. Had the big, heavy rock connected, my brain would have been damaged.

Because I'm not gay, however, to the cop this man wasn't a potential hate criminal but just an annoying hooligan.

The definition of a hate crime varies across the world and also across Canada. A report from the Department of Justice notes each of our police departments works with different concepts of what a hate crime is and is not. Most victims of violent hate crimes, it notes, are ethnic minorities.

Concerning, that. More concerning, though, is how the cop's suggestion that I needed to be gay for there to be a crime made me self-censor.

The justice report notes most victims of hate crimes are "not comfortable approaching the police."

I felt no discomfort with approaching the police — unfortunately, that's the privilege that comes with being white, male and straight. And yet, I had bitten my tongue, not having the energy to explain why his logic was flawed.

Another hate crime went unpunished. One can only imagine how victimizing that police indifference or ignorance would have been for someone who was targeted for who they really are.

Rosemary Westwood will return next week.

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Your essential daily news

Play safe: Volleyball is the sport with the fewest injuries, researchers say

If your kid takes a hit, reach for concussion handbook

CHILDREN'S HEALTH

Specialist creates guide to symptoms and recovery

At the tender age of 17, Warren McNeil considers himself a concussion veteran. He's sustained six brain injuries playing hockey and lacrosse, one of which knocked him out cold.

For five of those concussions, the Toronto teen was able to return to school and sports after a week or two of resting in a dark room to avoid overtaxing his healing brain.

But the last one in October — the result of being been hit from behind while playing hockey and falling head-first into the boards — was different.

Though the blow hadn't knocked him unconscious (unlike the previous one in which he got nailed in the head by a lacrosse ball while playing goal) this one seemed to "really hit me hard."

A week after the concussion, McNeil started to feel better and figured his recovery would mimic his previous five.

"And I went on a bike ride with a friend on the Saturday, and Sunday morning I woke up and I felt like I'd been hit by a bus," he said.

"And you don't know what to do, because I'd never had that happen before," said McNeil, who for weeks continued to experience myriad symptoms that kept him out of school and away from his usual activities: starred and blurred vision, nausea, headaches, dizziness, anxiety and depression and "horrible" concentration.

NATHAN DENETTE/THE CANADIAN PRESS

It wasn't until he and his parents attended a concussion information session at Holland-Bloorview Kids Rehabilitation Hospital that the high school student learned why he was having so many difficulties and, more importantly, what he could do to help himself recover.

The educational tools that concussion specialists provided for McNeil are now available in a free handbook that can be downloaded at hollandbloorview.ca/concussionhandbook.

"It makes concussion education accessible and digestible for kids and families," said Nick Reed, an occupational therapist and researcher at Holland-Bloorview who specializes in concussion.

The handbook not only helps parents identify when their child may have suffered a concussion and what that injury does to the brain, but it also sets out strategies for speeding up recovery and avoiding setbacks.

"I relate it to a gas-tank analogy," Reed said Wednesday during the launch of Concussion and You: A Handbook for Parents and Kids.

"Everything we do in our life uses fuel, and our brain is that gas tank. When you have concussion, a lot of that fuel is going to healing that injury, so we don't have a lot in the tank.

"If we do too much and we're not smart about the activities we engage in," he said, "that fuel's going to run out very quickly," leading to a prolonged recovery period that for some can go on for many months.

The handbook provides tips on conserving energy, how to get good-quality sleep and proper nutrition, and relaxation exercises to protect the brain and to promote healing.

Logs for recording daily activities and their effects on symptoms are meant to help children with a concussion make and achieve reasonable goals that will help them return to school and their regular physical pursuits.

"We know that the pediatric brain does not respond the same way as the adult brain, and their lives are very, very different," said Reed.

"Also, we want to make sure that everyone involved in a young person's life — whether it be a coach, a teacher, a parent, a friend or a medical professional — are all on the same page.

"And we're hoping this concussion handbook can really help lead the way there."

McNeil, who has given up contact sports because of an increased risk of suffering an even more serious concussion, said he's almost fully recovered. But 10 months later, he still has times when he feels a bit "wonky."

"I think having this book in particular — that day when I wanted to go on a bike ride, knowing how far to push myself or having more information about it when I woke up that Sunday morning — would have been so comforting," he said.

"I really do think it's going to help a lot of people. The more you know about it, the better you can deal with it."

THE CANADIAN PRESS

"I think having this book in particular when I woke up that Sunday morning would have been so comforting.

Warren McNeil, concussion veteran at age 17

ON SAME PAGE

Book helps parents to take an active role, director says

Jennifer Smith, president of the 1,400-member Toronto Leaside Girls' Hockey Association and a director with the Canadian Women's Hockey League, said the handbook will be an invaluable educational tool for players, parents and coaches.

As a parent of a daughter who sustained two concussions playing hockey, Smith said it's critical that parents and coaches can recognize the signs of concussion and know how children with the injury should be cared for.

"It's terrifying when your child is injured or sick and you don't know what to do," she said. "Just having a little bit of knowledge is such a comfort to parents, (knowing) that they can take an active and proactive role in their child's recovery."

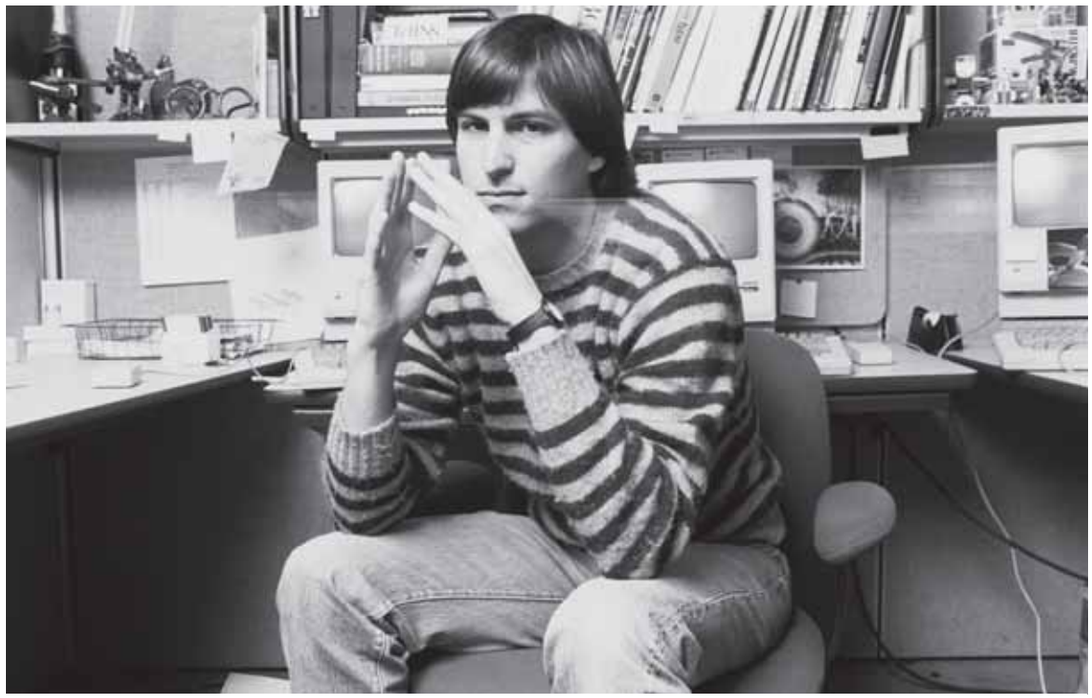
Take this Jobs and deal like a boss

COMMUNICATION

How to handle a demanding leader's work expectations

OFFICE RELATIONS

Eleni Deacon



Apple founder Steve Jobs was known for his mercurial leadership style as much as for his company's achievements. CONTRIBUTED

Visionary but reactionary. Inspiring but narcissistic. Not that much fun. In the just-released documentary Steve Jobs: The Man in the Machine, director Alex Gibney appears to reinforce darker characterizations of Apple's headstrong founder: the big-time CEO with an ego bigger than a 1980s desktop computer.

Jobs' bulldozer leadership style is often credited as an integral factor to his company's exceptional success. But while his purported intensity (and eccentricity) helped make him revered, it didn't make him easy to work for.

Jobs' difficult-but-brilliant reputation speaks to a common professional tension: the difference between leadership and management. Leaders, the thinking goes, energize their staff, guiding their employees and companies to extraordinary places. Managers, meanwhile, fixate on the humdrum minutiae of office life.

But while change-the-world leadership might be motivating, it can also be frustrating. How do you navigate a boss so focused on the big picture they don't ascertain the complications and pressures in your day-to-day?

To bring blue-sky bosses down to earth, practise tactful but upfront communication. Just got slammed with an unfeasible project? Don't simply complain that there's not enough time. Instead, outline the items currently in your to-do pile, and articulate how new ventures might affect your current responsibilities. Rather than expecting your boss to understand what you're doing, take it upon yourself to keep them informed.

> **When your superior has no interest in managing, manage up.**

When your superior has no interest in managing, manage up. This doesn't mean telling your boss what to do. It means identifying gaps in their knowledge and providing them with the intel necessary to lead effectively. It's possible to respect your boss's leadership while struggling to get a footing amid their flimsy management. In that case, building a supportive, informative relationship will provide you with leverage when their ideas or demands get unrealistic.

Steve Jobs may not have been the most reasonable personnel manager, but he didn't ignore details. He had a hand in every aspect of how Apple's products were conceived, built and sold, and was known to obsess over seemingly insignificant points. According to one former colleague, he spent 30 minutes trying to choose a shade of grey for the Apple stores' bathroom signs.

So while Apple's growth is often attributed to his larger-than-life leadership, smaller-scale concerns still played a key role. Leadership and management may not be the same thing — but they're also not mutually exclusive. Big achievements need a balance of both.

TIME MANAGEMENT

Doing less to get more done at work

Who isn't busy? Between constantly responding to emails, attending multiple meetings a day, and taking care of familial and social obligations, it's a wonder we get anything done.

"Focusing on time management and productivity is actually making our problems worse," says business psychologist Tony Crabbe, author of Busy: How to Thrive in a World of Too Much.

"But all that that does is make people busier, less effective and, quite frankly, less happy."

His solution? Stop doing so much! But, how can we cut back on our workload without, well, getting fired? Crabbe gives us some guidance.

Surf your workload

Think of a surfer."The surfer doesn't try to control the sea — or catch every wave," he says. "Surfers succeed by choosing the right waves, taking risks and completely immersing themselves in the moment." Pick the most important things and give those your all. Even if that means sacrificing a few of the smaller tasks, the risk will yield greater rewards.

Tear up your to-do list

To-do lists? Totally useless. The scraps of paper only aid us in completing mostly meaningless tasks.

Ignore your email

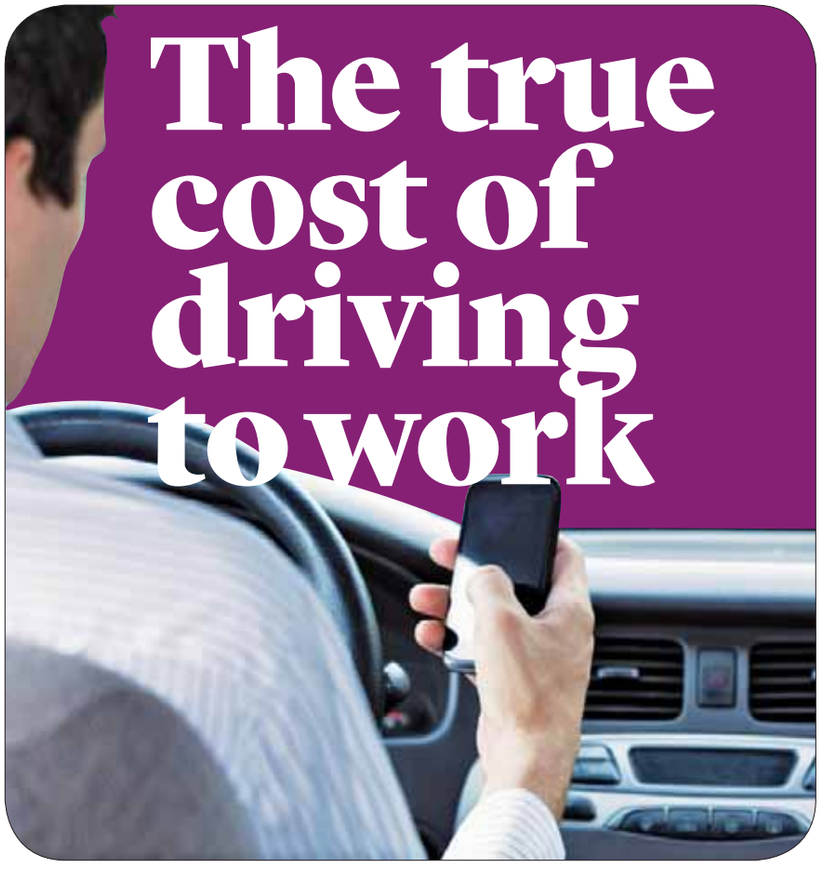
Email is a great communication tool; it's also incredibly distracting. Not every email needs a response — even fewer need a response ASAP. And leave your phone at home if you find the email alerts distracting. As for those meeting invites. Ignore those, too.

Always have a 'because'

It takes cojones to skip a meeting or ignore an email from a client because you are busy creating. But if you offer concrete reasons why, people might just respect you. "I had a client get upset that I wasn't responding to his emails right away," says Crabbe. "So I called him and said, 'I only look at emails once or twice a day to allow me to focus and create. Otherwise, I can't get anything done.' And you know, he went from being slightly irritated to inspired."

RAQUEL LANERI/METRO IN NEW YORK

The true cost of driving to work



VEHICLES

Each click you commute will likely cost you $540 year

Kyle Prevost
youngandthrifty.ca

With house prices continuing to skyrocket across Canada, it seems like the only financially feasible path available to homebuyers is to consider a fairly substantial commute to their downtown places of work.

While owning a great house in the suburbs appears to be the ideal for many Canadians, the accompanying commute often leaves something to be desired.

While the fact that Canada's 15 million-plus commuters would prefer a shorter drive to work isn't exactly a headline-grabbing revelation, I think that most of us actually underestimate the true overall cost of driving to work every day.

The Canadian Automobile Association (CAA) claims that it costs about $0.54 per kilometre for the average person to drive a midsize car in Ontario.

For comparison purposes, a pickup truck clocks in at $0.70 per kilometre, and a compact commuter car runs about $0.46 per kilometre.

When most people think about a prospective commute they fail to take into account the increased wear and tear on their vehicle, as well as the increased maintenance schedule that is required.

Statistics Canada measured commuting back in 2011 and discovered that Canadian commuters spent an average of 25.4 minutes travelling to work. This was very similar to the average found in the U.S. With more and more Canadians having to look further away from downtown cores in order to afford housing, I think it's safe to say that this figure has not gone down over the past few years.

If you want to quantify your commute into the simplest terms, think about the fact the most people work around 240 days a year. For every kilometre that you live away from your work, you will drive that distance twice a day, for 240 days — costing about $1 per day if you drive a small car.

I'm not sure what worth you place on your time (a valuable resource if you think about it), but if each kilometre takes about 1.5 minutes to drive, that's three minutes of your life every day for each kilometre you live away from work — or 720 minutes (12 hours) every year. If your time is worth $25 an hour to you, that's another $300 annually per kilometre.

Overall, each kilometre you have to commute to your job will likely cost around $540 annually.

If the average commute is about 17 kilometres in Canada, that means that most Canadians that drive to their place of work are sacrificing roughly $7,540 each year. If that much money was invested in your TFSA annually, and grew at an average rate of 8 per cent, you'd have more than $900,000 in 30 years' time.

Alternatively, you could afford roughly $100,000 more of house (assuming a 25-year mortgage with an average interest rate of 6 per cent) if you took that $7,540 every year and applied it to mortgage payments instead of commuting costs.

IN BRIEF

- There are more costs than the purchase price and gas.
- How much do you value your time and sanity?
- Sometimes you're no further ahead financially if saving money on a house means a long commute.

HIGHER EDUCATION

Half of students worried about debt: Poll

Worry over tuition and living expenses is dogging almost half of post-secondary students as they head back to school.

They're also afraid they won't be able to pay back debt once they graduate because they're concerned about finding a well-paying job, a poll issued by CIBC shows.

But experts say learning to keep finances in check is a lesson that will go far in helping students manage their money so they don't graduate owing a huge amount.

The online poll, conducted among 992 randomly chosen post-secondary students who are Angus Reid Forum panellists, took place from July 27 to 29.

The poll shows 48 per cent of students are most worried about covering tuition and living expenses for the upcoming school year as well as repaying school-related debt, of which 36 per cent expect to be $25,000 or more when they graduate. Some 37 per cent of post-secondary students say finding a job that pays well after graduation is a top concern.

The poll also finds that students, most of whom expect to spend $10,000 to $30,000 a year for schooling (tuition and books) and personal expenses, (rent and entertainment), anticipate a lot less help this year from parents. They expect their parents will cover 22 per cent of tuition and school costs, down from 33 per cent in a similar poll last year.

About 34 per cent say they will support themselves with jobs. Five per cent of respondents were concerned about finding and keeping part-time employment.

As many as 37 per cent of post-secondary students say they don't know if they'll be able to manage their finances after they finish school, with about one-fifth not expecting to be able to support themselves financially.

"Having a clear picture of your expenses today, as well as what your debt payments will look like when the time comes to pay back your loan, will help you feel ready for the future," says Christina Kramer, executive vice-president of retail and business banking at CIBC.

THE CANADIAN PRESS

More than a third of students expect to owe $25,000 or more on graduation. ISTOCK

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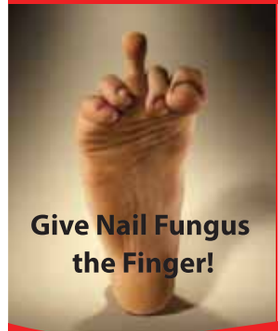

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Lewis Hamilton won the Belgian Grand Prix to extend his F1 lead over teammate Nico Rosberg

IN BRIEF

Sprinter De Grasse hangs with the best in China

Canadian sprint sensation Andre De Grasse tied for bronze in the 100 metres at the world championships on Sunday in Beijing in a personal best 9.92 seconds.

Jamaica's Usain Bolt finished first in 9.79 while American Justin Gatlin placed second in 9.80. American Trayvon Bromell tied De Grasse for bronze.

Third place went down to a photo finish, with De Grasse and Bromell recording the same time to the thousandth of a second.

De Grasse, a 20-year-old from Markham, Ont., broke the Canadian record in the 200 metres at last month's Pan American Games. He's the only Canadian to ever run a sub-10-second 100 metres and a sub-20 200.

THE ASSOCIATED PRESS

Love a winner at Wyndham

Davis Love III's long victory drought is over. Tiger Woods will have to wait a while for another chance.

Love won the Wyndham Championship on Sunday to become the third-oldest winner in PGA Tour history, while Woods' season came to an abrupt end.

The 51-year-old Love closed with a 6-under 64 for a one-stroke win over Jason Gore.

Woods needed a win to earn a spot in the FedEx Cup playoffs. He started just two strokes off the lead Sunday but he had only one birdie during his first 10 holes, dropping way off the pace with a triple bogey on the par-4 11th. Woods shot a 70, finished four strokes back and ended at No. 178 in the standings.

THE ASSOCIATED PRESS

Ehrhoff signed by Kings

Veteran defenceman Christian Ehrhoff has agreed to a one-year contract with the LA Kings. The club confirmed the signing Sunday without disclosing financial terms.

Ehrhoff scored 14 points in 49 games for Pittsburgh last season before missing the final 33 games and the post-season due to injury. The 33-year-old has also played for San Jose, Vancouver and Buffalo.

THE ASSOCIATED PRESS

Ko delivers K.O. in playoff

Lydia Ko celebrates her winning putt at the Vancouver Golf Club in Coquitlam on Sunday.

HARRY HOW/GETTY IMAGES

LPGA

18-year-old wins CP Women's Open for third time

Cam Tucker
Metro | Vancouver

Lydia Ko once again bested the LPGA field to take the Canadian Pacific Women's Open at the Vancouver Golf Club, the site of her historic victory three years ago.

This time, however, she needed to outlast American Stacy Lewis in a playoff for the win. And this time, the 18-year-old Ko will keep the $337,500 US in prize money for the champion, which is unlike her first victory here when she was a 15-year-old amateur.

Despite anxious moments dotted throughout her final round Sunday, Ko was able to make a two-putt par on the first and only playoff hole to defeat Lewis, who charged up the leaderboard with a score of 5-under-par 67, to force a tie.

"I'm really happy that when it really counted, I was able to make those putts," said Ko.

Ko got off to a strong start with a birdie on the third hole, but the tension mounted as she made the turn.

Ko bogeyed the ninth hole and needed to save par at the 10th hole. She just missed a birdie putt on the 15th and needed a tricky par save on the 16th.

Afterward, she called the bogey at the ninth hole "stupid."

While Ko was unable to make any birdies, her competitors quickly closed in. So Yeon Ryu, the 2014 CP Women's Open champ, fired an 8-under-par 64, to get herself to 11-under par for the tournament and into contention.

Of all those who challenged Ko, it was Lewis who came the closest to toppling the 2012 and 2013 champion.

Lewis started the day five strokes back of Ko.

"If you would have told me at the beginning of the day I was going to be in a playoff, I would have been pretty happy," said Lewis.

The playoff didn't last long.

Lewis hit her drive into the left rough, and hooked her second shot in among the spectators. She couldn't save par, opening up the opportunity for Ko to clinch.

"I didn't know that in 2012 I might be coming back here in a couple of years and then winning here again. So many great memories here," said Ko.

TOP CANUCK

Brooke Henderson, the 17-year-old rising golf star from Smiths Falls, Ont., finished as the top Canadian in the field this weekend.

She fired a 5-under 67 in on Sunday with two consecutive birdies to complete her round and finish 4-under par for the tournament and in a tie for 23rd.

MLS

Whitecaps challenging for the top spot in wild West

The Vancouver Whitecaps have gone from memorable lows to memorable highs in just 10 days.

Over that time, they've blown two-goal leads in the Amway Canadian Championship versus Montreal, earning an away draw as a result, and twice in the same match against Sporting Kansas City, resulting in a heartbreaking loss, to a gutsy defensive effort and a 1-0 win over FC Dallas at BC Place Stadium.

The latest win came Saturday. Cristian Techera scored the lone goal of the game on a nifty side-heel redirection in the first half.

> **"I don't see any easy games. There are no walkovers. Every game is going to be crazy in this Western Conference.** David Ousted

As pretty a goal as it was, the rest of the match was scrappy and physical, with all the drama and theatrics fans should be accustomed to when these teams meet.

The win put Vancouver atop the MLS overall standings heading into Sunday. The subsequent announcement of its achievement following the match drew a raucous cheer from fans.

Afterward, goalkeeper David Ousted was the voice of reason when queried about the club's place in the standings.

"I think it is dangerous getting too far ahead of ourselves. We were standing here a couple of days ago talking about the sting of the loss against Sporting Kansas City, and now you're talking Supporters' Shield," said Ousted.

"I've said all along … I don't see any easy games. There are no walkovers. Every game is going to be crazy in this Western Conference. I do feel we can stay on top, we are good enough but Supporters' Shield or not, we need to push on."

CAM TUCKER/METRO

Rolando Escobar, left, of FC Dallas challenges Matias Laba for the ball on Saturday.

THE CANADIAN PRESS

Angels fall as Blue Jays soar back to top

MLB

Toronto puts up 36 runs in series sweep

Jose Bautista went 3-for-5 with a home run and an RBI as Toronto earned 3 straight wins in California STEPHEN DUNN/GETTY IMAGES

Winning knuckleballer R.A. Dickey called the Blue Jays' 12-5 victory on Sunday at Angels Stadium a family win, a community win, even his favourite win of the year.

It was an odd way to start his post-game briefing because, by and large, he had not pitched well. He was handed a one-run lead in the top of the first inning and then gave up five runs in the bottom as the Angels were shooting balls the opposite way, much as the Phillies had done in Dickey's previous start.

"I gave up a five spot in the first, which I can't ever remember a time in my big-league career where I've done that," Dickey said. "I was walking a tightrope of being pulled in my shortest outing ever as a big-leaguer. When I came in the dugout, everybody was still upbeat. There was no reason to pout. I look at things in terms of metaphor so much, it really felt like a family win. The guys are encouraging you and saying, 'Hey, we're going to get them back, don't worry.' They did."

The first-place Jays, on consecutive days, showed that they can go to the post with two different running styles that can both lead to victory. They can burst from the gate and go wire-to-wire as they did on Saturday, or they can stalk the lead, coming from well off the pace and closing teams out, blowing past an opponent when they looked bound to lose as they did on Sunday. "We're relaxed, we're ready to hit when we're in the box, we're having good at-bats and everybody is on the same page, swinging at strikes, laying off bad pitches and really executing well one through nine," Jose Bautista said.

While the Jays' usual suspect, Josh Donaldson, failed to drive in a run, Bautista was on fire, slamming his 29th home run in the fourth inning, a 430-foot bomb to centre field that cleared some boulders and a few palm trees and then disappeared in the rockpile. Edwin Encarnacion followed with his 24th, a line drive just over the fence down the left-field line. They both counted the same. TORSTAR NEWS SERVICE

SUNDAY In Anaheim

BLUE JAYS	ANGELS
12	5

PREMIER LEAGUE

Perfect Pedro debut props up Chelsea

Pedro nets for Chelsea GETTY IMAGES

Pedro Rodriguez was signed by Chelsea to inject some life into the English champions after their lacklustre start to the season.

He took 30 minutes to do just that. The Spanish forward and $33 million signing from Barcelona scored one goal and set up another in his first half-hour of Premier League football, setting Chelsea on its way to a 3-2 win over West Bromwich Albion and a first victory of its title defence.

Crisis averted for Chelsea, which had opened with one point from two games, but there's still a way to go to catch first-place Manchester City.

City earned its third straight win this season by beating Everton 2-0 thanks to second-half goals by Aleksandar Kolarov and Samir Nasri. Watford drew 0-0 with Southampton in Sunday's other game. THE ASSOCIATED PRESS

SOCCER IN BRIEF

Barcelona opens with win

Lionel Messi missed a penalty kick but Luis Suarez scored in the second half to give Barcelona a 1-0 win over Athletic Bilbao in its Spanish league opener on Sunday.

That gave the defending champs a small gap on Real Madrid right away, as Rafa Benitez started his reign with a 0-0 draw at Sporting Gijon. THE ASSOCIATED PRESS

Galaxy cruise past NYCFC

Robbie Keane had two goals and the LA Galaxy showed their championship form in a 5-1 win over New York City FC on Sunday.

Giovani dos Santos, Gyasi Zardes and Sebastian Lletget each had a goal and an assist as the Galaxy utterly dominated the high-profile meeting with New York. THE ASSOCIATED PRESS

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Heirloom tomatoes come in a variety of colours and shapes that have been passed down through the generations. Serves 6.

Ready in
Prep time: 10 minutes

Ingredients
- 2 ripe nectarines
- 2 yellow or green heirloom tomatoes
- 2 red field tomatoes
- 1/3 cup crumbled light feta cheese
- 1/2 cup pomegranate seeds (optional)

Dressing:
- 2 Tbsp olive oil
- 2 tsp finely grated lemon zest
- 2 Tbsp lemon juice
- 2 tsp honey

Garnish
- 3 Tbsp chopped basil

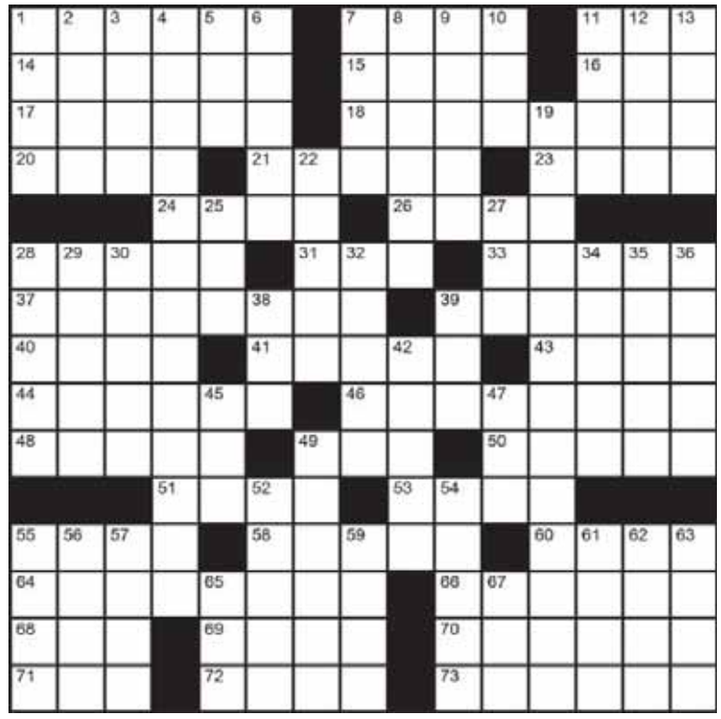
Directions
1. Slice nectarines into 1/2-inch wedges.
2. Slice all tomatoes into 1/2-inch horizontal pieces.
3. Add nectarines and tomatoes to serving platter. Add feta and pomegranate seeds, if using.
4. Combine ingredients for dressing, pour over top and garnish with basil.

Nutrition per serving
- Calories 100
- Protein 3 g
- Carbohydrates 10 g
- Fibre 2 g
- Total fat 6 g
- Saturated fat 1.5 g
- Cholesterol 0 mg
- Sodium 105 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Island where Nunavut's capital Iqaluit is located
7. Stephen King's dog-with-rabies book
11. DreamWorks ___ (Movie studio)
14. Checking e-mail
15. Receptive
16. Nautical rope
17. Dessert offering
18. Elevation
20. Shindig
21. Ms. Carter of "Designing Women"
23. Betting likelihoods
24. Itar-__ (Russian news agency)
26. Scuffle
28. Violin virtuoso Mr. Stern
31. Weekend day, for short
33. Do well in life: 2 wds.
37. Hysteria
39. Like overly liquefied sauce
40. Scream
41. It's not a nectarine, it's a what?
43. Dry
44. Goes under the beach game's stick
46. Canadian specialty channel that airs "Continuum"
48. Space distances, for short: 2 wds.
49. Pro bono TV spot [acronym]
50. Lynn __ (Judge on "Divorce Court")
51. Between harbours
53. Berth
55. Pad __ (Noodle dish)
58. Sugar cubes in the coffee
60. Kiln kind
64. Trachea
66. Dog breed
68. 'Meth' suffix
69. "Up and __ '__!" (Wake up time greeting)
70. Suggest
71. Queen __. _. (Toronto thoroughfare)
72. Mackerel variety
73. Orange juicer

DOWN
1. Exploding device
2. Crosswords buffalo
3. Winter bugs
4. Intertwined hairstyle often worn to one side: 2 wds.
5. Li'l lengths
6. Wants
7. Cajole
8. Raise spirits
9. Baseball great Derek
10. 'Pepper' suffix (Pizza topping)
11. Type of earring
12. Frances Shand __ (Princess Diana's mother)
13. Gollies
19. Compact car manufactured in Cambridge, Ont.: 2 wds.
22. Magazine installment
25. Horiz.
27. Classic range cooker company
28. Pastoral poem
29. Go to that movie: 2 wds.
30. Soap opera, "__ __ Children"
32. Collect
34. Savage
35. Originate
36. Actress Winona
38. Web ID addresses
39. UN public wellness agcy.
42. Victor
45. Old spy gr.
47. Intl. commerce group
49. The Prince and the __ (Mark Twain story)
52. Upper crust
54. Felix's roommate
55. Poetic contraction
56. Clue
57. Freshly
59. Office note
61. Grad
62. Show allegiance
63. Golfer when readying for play, say
65. B.C.'s ocean
67. Corrida call

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Something you have always accepted as true is about to be revealed as, at best, a hoax and, at worst, a lie. You may never trust so-called "experts" again.

Taurus April 21 - May 21
You are dwelling on what is going wrong in the world instead of on what is going right, so it's no wonder you are unhappy. Worry less, smile more and take life as it comes.

Gemini May 22 - June 21
You may be having second thoughts about the direction your life is taking but now is not the time to make major changes. Stay on the path you have chosen. Things don't make sense, but they will eventually.

Cancer June 22 - July 23
The changes that occurred last week will inevitably have a knock-on effect, leading to changes in other areas. With luck planet Jupiter moving in your favour they should overwhelmingly be changes for the better.

Leo July 24 - Aug. 23
You seem to be on the defensive but there is no need. The overall cosmic picture is exceedingly good and will get even better. It'll get better quicker if you stop worrying so much.

Virgo Aug. 24 - Sept. 23
You are at odds with what those around you appear to believe but you must not change your opinions just to please them. You see something that everyone else has missed.

Libra Sept. 24 - Oct. 23
You may be in a panic and try to get everything done in a mad rush. Not only is that unnecessary but it could be counter-productive as well. Focus on one goal at a time.

Scorpio Oct. 24 - Nov. 22
Never doubt that you are heading in the right direction or that you will succeed. There may be times when you find it hard to keep your doubts at bay but you must. You have sacrificed too much to give up now.

Sagittarius Nov. 23 - Dec. 21
Some people may criticize you for refusing to change your ways but they will realize that you were right. It is your fixity of purpose that will bring you success.

Capricorn Dec. 22 - Jan. 20
There are certain people you would be wise to avoid. You know who they are and you know what is likely to happen if your paths should cross, so plan your route carefully!

Aquarius Jan. 21 - Feb. 19
You may be under pressure to get one task finished so you can start on another but don't rush. If you make a mistake you will have to go back to the beginning and start over.

Pisces Feb. 20 - March 20
Your head may be full of great ideas but make sure they are practical. If not you could be heading for disaster around the time of Saturday's full moon. Plan carefully and don't let your enthusiasm carry you away.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			2				6	
		9			1			
	3	5						2
						2	7	9
	4			3			1	
6	5	7						
3						5	8	
			1			9		
	1				8			

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